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FOREVAH EVAH, FOREVAH EVAH?

KIMYE IS OFFICIALLY ENGAGED! PAGE 16

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Wednesday, October 23, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork

DEAD OR ALIVE?
IT'S HALLOWEEN AND DAY OF THE DEAD AT NYSCI.
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New York Hall of Science

De Blasio and Lhota square off in debate

PAGE 06

Want Katy Perry's look? Work out like her!

PAGE 30

Seaport City: FACT and FICTION

Development. A proposal to build a new community in Lower Manhattan that would serve as a buffer for future storms has stirred anger among residents.

Limits. The neighborhood would be built from landfill and extend from the Brooklyn Bridge to the Battery. PAGE 04

Seaport City is a mixed-use development that would be built off of the East River to help protect against future storms. / OFFICE OF THE MAYOR

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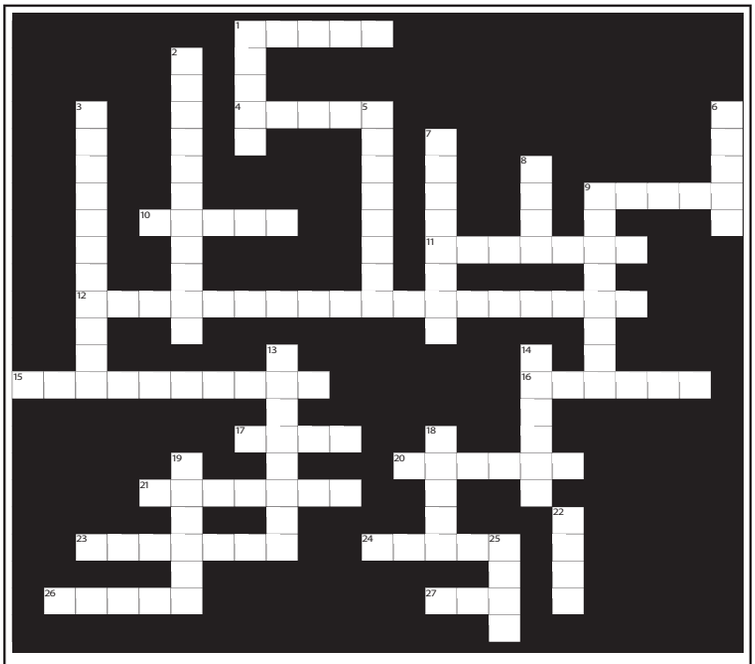
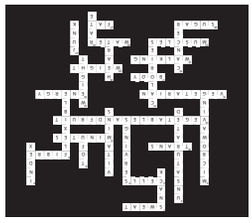


Today's Answers



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1. 10 pints 2. Type O 3. American Diabetes Month
4. Dr. Jonas Salk 5. 70% 6. Every year

Across

1. Work hard enough to break a
4. Cancer is a disease where body's____ grow out of control
9. Makes you feel full and helps digestion
10. Bad kind of fats
11. Be active for at least 30____, three to five times a week
12. You need 5 or more a day (3 words)
15. Person who eats no meat
16. Activity can give you_____(opposite of fatigue)
17._____Mass Index
20. Eat nutritious food and get plenty of exercise to maintain a healthy body_____
21. Excellent and easy type of activity
23. These grow stronger with use
24. Drink this to stay hydrated
26. Pop contains up to 10 teaspoons of_____
27. Choose low-_____dairy products or substitutes

Down

1. Small amount of food you eat between meals
2. Good fat found in avocados, nuts, and seeds
3. A healthy way to cook food is steaming or_____
5. Have 5 to 10 _____of vegetables and fruit every day
6. Body Mass
7. Food gives you _____and minerals
8. Form of soy that is a good protein source
9. Stretching exercises can make you more_____
13. What your body burns when you exercise
14. Being over-_____can lead to health problems
18. Organ that pumps blood
19. A healthy diet can help prevent this disease
22. High-fat, low nutrition food
25. Raise your heart _____for best exercise results

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2. Which blood type is most often requested by hospitals?
3. October is National Breast Cancer Awareness Month. What is the National Health Observance of November?
4. Who developed the first successful vaccine against polio?
5. What percent of patients in need of a bone marrow transplant do not have a matching donor in their family?
6. According to the American Cancer Society, how often should women age 40 or older have mammograms to screen for breast cancer?

1

NEWS

Quoted

"If all we're doing is creating an opportunity to build more glass towers, I don't know that's what we signed up for."

Michael Kramer, South Street Seaport resident

Top 3

Trending online at Metro.us

1 'VIDEO: 'The Great Gatsby' before and after visual effects'

2 'VIDEO: Woman sleepwalks into subway tracks'

3 'VIDEO: 'The Fox' singers present 'Massachusetts''

Neighborhood residents are worried that Seaport City would change the character of the historic Seaport. / BESS ADLER, METRO

Confusion abounds about Seaport City

Resiliency. Seaport City, one proposal to protect the city from climate change, faces backlash.

More scrutiny to come

How much the plan would cost, what it entails and whether a "Battery Park City East" is even practical are also under scrutiny.

- A feasibility study, to be conducted by Amsterdam-based engineering firm ARCADIS, will consider all of these factors.

Nearly a year after Sandy's surge flooded Manhattan's South Street Seaport, the city has begun determining how the neighborhood might be protected from future storms.

One solution: a whole new neighborhood.

Comprised of a landfill or platform extension, Seaport City would be built as part of a levee shielding a 1.5-mile section of Lower Manhattan from flooding.

Reality check

"The risks are real. They are in the here and now. Sandy showed that."

Daniel Zarilli
The city's director of resiliency

But the project, just one of 257 initiatives proposed in the city's comprehensive climate change resiliency plan, is mired in confusion.

"Clearly anyone who lives downtown would like to see some form of physical barriers that would protect our homes," said Michael Kramer, a real estate broker who has lived on Front Street for eight years. "What we're not looking for is even more development to overwhelm the Seaport's history."

Many concerns stem from the Pier 17 redevelopment, which began last week. Residents balk at a rendering of Seaport City showing giant glass buildings on the proposed landfill or platform extension.

"In that part of the Seaport there needs to be a very sensitive approach to maintaining the character of the district," said Robert LaValva, founder and president of the New Amsterdam Market.

Both mayoral candidates Bill de Blasio and Joe Lhota said that they would consider the Seaport City resiliency proposal in last night's debate.

ANNA SANDERS
anna.sanders@metro.us

Big Cheese

Obama / GETTY IMAGES

Obama to visit Brooklyn's P-TECH High School

President Barack Obama is scheduled to visit Pathways in Technology Early College High School (P-TECH) in Brooklyn on Friday, months after he praised the school in his State of the Union address.

"Now at schools like P-TECH in Brooklyn, a collaboration between New York public schools and City University of New York and IBM, students will graduate with a high school diploma and an associate's degree in computers or engineering," Obama said in February.

P-TECH, which opened in Crown Heights in 2011, offers a six-year program that integrates college courses and equips students with skills for entry-level jobs.

The school draws students from all five boroughs but gives priority to those who live in Brooklyn.

LAURA SHIN

Study: Airbnb is good for the city

A new economic impact study has found that Airbnb, recently taken to court over its use in the city, is actually a huge boon for the city's economy.

One of the major factors the study noted is that many Airbnb hosts live outside of Midtown Manhattan's hotel district, enabling tourists to spend money in neighborhoods that wouldn't otherwise benefit from tourism.

The tourists who use the short-term rental company also typically stay longer than those who stay in hotels, according to the study.

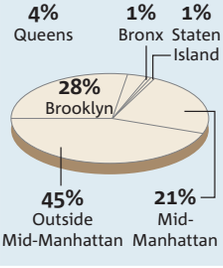
And while the service enables tourism from people who may not be able to afford to stay in hotels, Airbnb guests also apparently spend more at city businesses.

HR&A — the firm that carried out the study — was also careful to note that Airbnb partnered with the city to provide free shelter to New Yorkers displaced by superstorm Sandy.

DANIELLE TCHOLAKIAN

ILLUSTRATION BY BILLY BECERRA, METRO

Airbnb visitors by where they stayed



Airbnb guests spent more at city businesses than average tourists, a study says. / AIRBNB

By the numbers

$632M

Over the course of a year, Airbnb generated $632 million in economic activity in New York.

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Mayoral candidates Bill de Blasio and Joe Lhota duked it out in their second debate. / GETTY IMAGES

Joe Lhota comes out swinging in second debate

Fighting words. Bill de Blasio and Joe Lhota get riled up during the second mayoral sound-off.

Less than 20 minutes into the second debate of the mayoral campaign, the candidates were exchanging defensive, angry words at such a volume that the moderator was prompted to call a time out.

Accusations by de Blasio, characterizing Lhota's recent attack ad against him as "race-baiting" had Lhota crying out in protest.

De Blasio frequently brought up the Lhota ad as an example of attempts at "fearmongering," while Lhota seemed to ease off of his safety-centered attacks on the Democratic candidate and refocused on de Blasio's oft-criticized proposed tax hike to fund his education plan.

By the end of the debate, the candidates had returned to their standard attacks: Lhota warned that a vote for de Blasio would be one for "unsafe streets, unsafe schools and unsafe fiscal policy," and de Blasio maintained that a vote for him is one for a "safe city and a fair city."

Democrat

"We need a safe city and a fair city."
Bill de Blasio

Republican

"What color is the sky on your planet?"
Joe Lhota

DANIELLE TCHOLAKIAN
danielle.tchloakian@metro.us

Slippery situation

Oil spill in Midtown

About 50 gallons of heating oil leaked onto a Midtown street yesterday, splashing on four people and spilling into the subway, officials said.

The leak occurred when a hose broke as fuel was pumped from a truck into a building.

Oil hit the truck's driver and three bystanders. All were decontaminated.

ANNA SANDERS

NYPD. Ninth arrest in biker gang assault

A ninth biker has been arrested in the biker gang assault that took place off the West Side Highway a month ago, police confirmed.

Brooklyn resident Jason Brown, 40, was arrested and charged with gang assault and criminal mischief.

Those are the same charges leveled against the bikers accused of causing damage to Alexian Lien's SUV and assaulting Lien after he was pulled from the vehicle.

Brown is awaiting arraignment in Manhattan criminal court.

BIKER ATTACK / NYPD

DANIELLE TCHOLAKIAN

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Brooklyn. Colleagues mourn the passing of Major Owens, 77

Former Congressman Major Owens, a long-time House representative from Brooklyn, passed away on Monday.

Owens, a Democrat, was 77.

He served in the House of Representatives from 1983 to 2007.

Former colleagues and city officials yesterday mourned the loss of the 12-term Congressman.

Congresswoman Carolyn Maloney hailed Owens' "long and accomplished career in public service," pointing to his start in the 1960s doing anti-poverty work in the New York City.

"Major dedicated much of his life's work to empowering the disempowered," Maloney noted.

Owens was also known for the critical role that he played in helping to get the Americans with Disabilities Act passed.

DANIELLE TCHOLAKIAN

Healthy thieves

Robbers steal $60,000 from Whole Foods

Police are searching for two armed robbers who stole $60,000 from a Lower Manhattan Whole Foods on Sunday.

A group of employees was transporting the cash when the robbers ambushed them.

The men fled with the money onto Chrystie Street, cops said.

LAURA SHIN

Most New York voters dislike Congress: poll

Republicans carry most of the blame for the shutdown, according to the poll. / GETTY IMAGES

Rock bottom. State residents have an unfavorable opinion of D.C.

About three-fourths of New York State voters view Congress unfavorably and believe the country is headed in the wrong direction, according to a Siena College poll released yesterday.

The majority of statewide voters surveyed blamed Congressional Republicans for the government shutdown, though 30 percent said President Barack Obama was most responsible.

The poll surveyed 822 registered voters statewide and complete results have a margin of error of plus or minus 3.4 percentage points.

Most New York City voters surveyed also believe the country is headed in the wrong direction, with only 22 percent saying the country is on the right track.

A fifth of city respondents had a favorable opinion of Congress, while 75 percent held unfavorable opinions of those on Capitol Hill. The poll of city voters has a margin of error of plus or minus 5.5 percentage points.

ANNA SANDERS
anna.sanders@metro.us

New low

"Albany, it appears, has found a way to deflect the 'dysfunction' card. It flipped it over to Washington."

Steven Greenberg, Siena pollster

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"We are turning the industry on its ear, but this is not why we're doing it."
Apple CEO Tim Cook

Apple CEO Tim Cook holds the new iPad Air during an Apple announcement at the Yerba Buena Center for the Arts yesterday in San Francisco. / GETTY IMAGES

Apple unveils the iPad Air

Competition. Apple's library of apps and content should safeguard its lead for years, analysts say.

Apple Inc. yesterday took the wraps off a slimmer, faster tablet called the iPad Air and said it will give away Macintosh operating and work software free to its users, challenging Microsoft Corp.'s near-stranglehold on personal computing.

Apple announced the surprise offer, which will be available to all users of Apple MacBooks and Mac computers, at a product event yesterday at which it also unveiled a new line of Mac notebooks and computers.

Its Mac OS and iWork software suite, which compete with Microsoft's Excel, Word and other applications, will now be offered free to all users.

Apple's iPad Air is about 20 percent thinner than the previous generation of tablets, starting at $499. But the new tablets would face stiff competition, with Microsoft, Nokia and Amazon.com Inc. all plugging rival devices in coming months. **REUTERS**

New gadgets

Nokia launches tablet to join Microsoft push

Nokia has unveiled its first tablet and large-screen smartphones, which will form part of Microsoft's global push to become a leading player in consumer devices when it takes over the company's handset business.

Nokia decided to sell the devices unit in a deal that is due to close in the first quarter of 2014. **REUTERS**

Phone defects

China TV slams Samsung for charging fix

China Central Television has criticized South Korea's Samsung Electronics for charging customers to repair devices which the state broadcaster says are defective because of a manufacturing error.

CCTV in a program broadcast late Monday said internal multimedia cards cause the software of Samsung's Note and S series of smartphones to seize up.

"We remain committed to providing the highest quality products and services. Upon verification of these reports, including their technical aspects, we will respond accordingly," Samsung said in a statement sent to Reuters.

Samsung, the world's biggest smartphone maker, is the latest multinational company to be singled out by Chinese state media for what it says are unfair consumer practices. **REUTERS**

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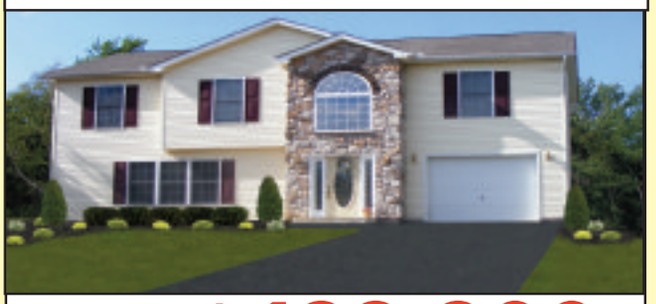

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Ohio kidnapping victims plan book

Ordeal in print. Berry and DeJesus say it will be a story of "dignity" and "survival."

Two of the three Cleveland women who survived years of imprisonment after being kidnapped by school bus driver Ariel Castro will collaborate on a book about the ordeal with two Washington Post writers.

James Wooley, a lawyer for Amanda Berry, 27, and Gina DeJesus, 23, said in a statement this week that the book will be "a story, above all else, about human dignity and human survival."

Berry, DeJesus and Knight, along with Berry's 6-year-old daughter, managed to escape from Castro's run-down Cleveland home last May after about a decade in captivity. The girl had been fathered by Castro.

Their story captured worldwide attention and Castro was found hanging in his prison cell in September, a month after pleading guilty and being sentenced to life imprisonment.

Washington Post writer and Cleveland native Mary Jordan said in a statement that she and her husband, Washington Post colleague Kevin Sullivan, will work on the book with Berry and DeJesus. REUTERS

Knight also reaching out

The third kidnap victim, Michelle Knight, 32, is planning an appearance on "Dr. Phil," hosted by celebrity counselor Phil McGraw. The interviews will air Nov. 4 to Nov. 6.

- Knight, the first woman kidnapped by Castro in 2002, had been the only one of the three to testify at Castro's sentencing after he had agreed to a life term to avoid a death sentence. She said she was the "most hated" victim in the house and suffered the most abuse, according to a statement from the "Dr. Phil" show.

Blue Angels to fly again in 2014

The renowned Blue Angels precision flying team will return to the skies next year for a full air show season after being grounded for much of 2013 because of federal spending cuts, the U.S. Navy said. The flight demonstration squadron is scheduled to perform 65 shows at 34 locations, with the first set for March 15. The flying team is seen as a key community outreach effort for the military, but active-duty troops were given priority amid $85 billion in automatic budget cuts that began taking effect last spring.

REUTERS / GETTY IMAGES

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White House: Obamacare is not costing full-time jobs

Hiring practices. The beginning of so-called "employer mandate" is delayed until January 2015.

Many businesses polled said they were holding back on hiring due to the costs imposed by the law. / GETTY IMAGES

The White House said yesterday there was no evidence President Barack Obama's signature healthcare program is driving up the number of part-time workers, challenging the view of many business owners in the country.

Conservative Republicans have pointed to the high level of part-time employment as evidence businesses are cutting hours for their staffs in response to the new health care law, which will require them to offer health insurance to full-time workers.

And, indeed, one in five businesses in the service sector think the program, popularly known as "Obamacare," has hurt employment at their firms over the last three months, a National Association of Business Economics survey showed on Monday.

But economic data on employment has been less compelling.

The number of people with part-time jobs who want full-time work, for example, was essentially flat in September at 7.9 million.

"We are not seeing any effect in the data," Jason Furman, chairman of the White House Council of Economic Advisers, told Reuters Insider.

Also, the number of part-time workers spiked in 2008, well before Obamacare was enacted, and has been slowly falling as a share of total employment since 2010. In September, people working part time because they could not find full-time work made up 5.5 percent of the employed, unchanged from August. REUTERS

NABE poll

15%

The survey showed 15 percent of service sector firms planned to shift to more part-time workers due to Obamacare.

Investigation

House GOP probe role of White House in health care rollout

Congressional Republicans yesterday announced a new investigation into the troubled rollout of President Barack Obama's health care reforms, aimed at learning what role the White House may have played in decisions about the design and development of website Healthcare.gov.

In a letter to two top White House technology officers, Republicans on the House of Representatives Oversight and Government Reform Committee said their investigation already points to significant White House involvement in discussions between the Centers for Medicare and Medicaid Services and contractor CGI Federal. REUTERS

Polls

Americans skeptical of leaders, economy after budget standoff

Americans surveyed after the political standoff that shut down the government are skeptical of the efficacy of their Congressional leaders and pessimistic about the current and future health of the economy, according to polls released yesterday.

Only 4 percent of those surveyed by USA Today/Princeton Survey Research said Congress would function worse if every member was replaced, and half said it would fare better. REUTERS

CNN/ORC International

70%

More than 70 percent of those surveyed said that the country's economic conditions are poor now.

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Slain teacher called hero for giving children time to flee

Nevada. Police said the school shooter, 12, used a Ruger 9mm semi-automatic handgun.

A popular math teacher shot dead by a 12-year-old boy at a Nevada middle school was praised as a hero yesterday, a day after he was gunned down when he stepped into the shooter's line of fire, giving students time to flee to safety.

The boy, armed with a gun police said he likely took from home, opened fire on the schoolyard on Monday, killing the teacher and wounding two other 12-year-olds just before the opening bell at the school in the northern Nevada town of Sparks.

As police seek to determine a motive, they are also hailing the actions of slain teacher Michael Landsberry and say more students could have been hurt if staff members had not rushed children into classrooms from the school yard.

The head of the school district's police force said that, after the attacker shot a 12-year-old boy in the shoulder, Landsberry "calmly walked toward the shooter, putting his hands up in a motion to try to stop" him and was shot in the chest.

The boy shot the teacher to death on a basketball court, according to Sparks Deputy Police Chief Tom Miller. Afterward, he shot another student in the abdomen before walking away and shooting himself in the head.

Landsberry, 45, was a former Marine who also served in the Nevada Air National Guard, had taught at Sparks Middle School since 2006 and coached basketball, volleyball and soccer teams, officials said.

The incident was the latest in a string of shooting rampages across the United States in recent years, including one in December 2012 at the Newtown, Conn., elementary school that killed 20 students and six adults and helped reignite a national debate over gun control.

Police have so far not identified the young shooter, although they have said he used a Ruger 9mm semi-automatic handgun in the shooting. REUTERS

Wounded boys

The two 12-year-old boys wounded in the Sparks shooting, were rushed to a Reno hospital and their conditions are not life-threatening, officials said.

Michael Landsberry
FACEBOOK

Quoted

"Mr. Landsberry's heroic actions by stepping toward the shooter allowed time for other students on the playground area to flee the area."

Washoe County School District Police Chief Mike Mieras

Aurora gunman

Police coerced statement from Holmes

James Holmes / GETTY IMAGES

Police coerced movie theater gunman James Holmes into talking about explosives found in his apartment after he shot 12 people to death, and those statements should be barred from his murder trial, defense lawyers argued in a Colorado courtroom on Monday.

Prosecutors stood by the admissibility of the statements, countering that police were merely trying to obtain information on how to safely defuse the bombs to protect law enforcement officers and the public from a potential detonation of the booby traps.

The latest legal back-and-forth in the high-profile case came in a hearing over what evidence should be allowed in the capital murder trial. REUTERS

Britain's royal baby

The prince's christening is today

Prince George will be christened in the Chapel Royal, St. James's Palace today in a private 45-minute ceremony, led by the Church of England's Archbishop of Canterbury Justin Welby, with only family in attendance.

The Duke and Duchess of Cambridge's decision to have the ceremony at St. James's Palace is an unsurprising break from protocol, with royal christenings traditionally staged at Buckingham Palace. REUTERS

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*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

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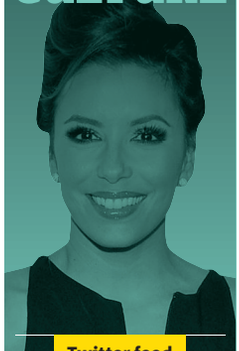

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Rosie O'Donnell wanted to sleep in, Eva Longoria is working late, Joel David Moore is having a stressful dinner and Conan O'Brien has a solution for you.

@Rosie: Ok 5 15 am is WAYYYYY too early for me to get up for work ???

@EvaLongoria: It's 4am and I'm still sewing!! In my trailer!

@joeldavidmoore: WHY ARE YOU YELLING AT ME I'M ALREADY GONNA BUY YOUR SUSHI

@ConanOBrien: Party going on too long? Go up to your guests and whisper, "I hope you'll stay for my dream journal reading."

See more at www.metro.us

Third time's the charm for Kim Kardashian? EYEONGLAM VIA INSTAGRAM

"YES!!!" Kardashian wrote on Instagram after Kanye West's proposal at AT&T Park Monday night. / KIMKARDASHIAN VIA INSTAGRAM.

Kimye is officially official

OH MA GAH. Kim and Kanye are officially engaged!

The engagement was done in their typical low-key style, which meant, for Kanye, renting out AT&T Park in San Francisco for their friends and family and pleading "PLEEEASE MARRY MEEEEE!!!!" on the Jumbotron while a 50-piece orchestra played Lana Del Rey's "Young and Beautiful," followed by Keri Hilson, Ne-Yo and Kanye's "Knock You Down." (I know that when I ask someone to marry me, I make sure it's done to a soundtrack of my own work.) Fireworks and Roman candles were also deployed. And then Stephen Hawking wheeled in to present the ring — just kidding,but honestly, would you even be surprised?

Just in case you were curious, she agreed to the engagement; her third, for those keeping track at home. Kardashian Instagrammed a picture of her 15-carat Lorraine Schwartz stunner with the caption, "YES!!!"

You know? Let's be happy for them. Maybe they will have a long marriage until one of them finally passes away from too much flash exposure. They'll pop out some more geographically named children and post photos of them on social media platforms while using lots of punctuation. Kanye will continue on with his leather sweatpant ways while Kim will continue to dress like something out of a couture Forever 21. They could be the Paul Newman and Joanne Woodward of our time, folks.

By the numbers

$4M

The former "Saturday Night Live" stars will be reprising their roles as Golden Globes hosts for the next two years, and they'll each reportedly be paid as much as $4 million for each ceremony, according to Radar Online.

Fey and Poehler: The $4 million dollar Golden Globe duo. / GETTY IMAGES

Fey and Poehler sure know how to negotiate

Don't hate Tina Fey and Amy Poehler because they're successful, hilarious, popular and attractive. Hate them because they are filthy rich.

"Tina and Amy decided to ask for the craziest package ever given to awards hosts," a source says about their $4 million dollar fee for hosting the Golden Globes. "They are being paid more than any Oscar host in history. ... They basically saw how desperate NBC was for their help and decided to take them for a ride."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Talking points

Zellweger is desperate to be a mother

Renee Zellweger is reportedly "desperate" to get into the motherhood game and is looking to start a family with her guitarist boyfriend, Doyle Bramhall, according to Radar Online. "She's considering adopting," a source says. "She knows that she probably missed the boat on carrying and giving birth to a child. She gets down about not having a family yet. She really thought that she'd be married and raising kids out in the Connecticut countryside by now." Still, the "Bridget Jones" star is staying positive, the source adds: "Renee tries to find the positive side of things. She knows 44 isn't too old to be a mom. It will just have to happen a little differently than she always imagined it would."

Farrow on the Sinatra rumors

Ronan Farrow seems to be weathering the attention kicked up after his mom, Mia Farrow, told Vanity Fair that Frank Sinatra might be his dad instead of Woody Allen. "It is a distraction. But I take it in stride. Look, we all have our family histories to bear," he tells Vulture. "I appreciate how hilarious it is. I mean, it's a ridiculous situation. That said, I'm pretty unfazed by it in substance, because it's been out there both publicly and privately for so long. I grew up in a family with 10 adopted siblings, so if anything, I consider it an insult to them to obsess too much over the question of genetic provenance."

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Celebs. Some hold court at parties – and some just go to court

See more at www.metro.us

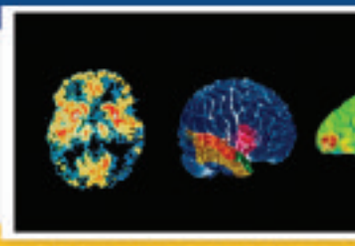
1 Cee Lo Green
We're assuming Cee Lo was thinking something along the lines of "f— you" when he pleaded not guilty to felony drug charges on Monday.

2 Chelsea Handler and Lake Bell
These two funny ladies are pretty badass. Lake Bell and Chelsea Handler struck a pose at ELLE's 20th annual Women In Hollywood Awards.

3 Lil' Wayne
Looks like Weezy was taking fashion cues from the Biebs at this performance in Amsterdam. Pull up your pants, yo.

4 Jared Leto
What was Jared Leto honored for at the 17th annual Hollywood Film Awards, being beautiful? That has to be it because pretty boy can't act for spit.

5 Andy Samberg
Meanwhile, at a different award ceremony, Samberg gave funny props to talented ladies (like Handler and Bell) at ELLE's 20th Women In Hollywood celebration. **ALEXANDRA CAVALLO**



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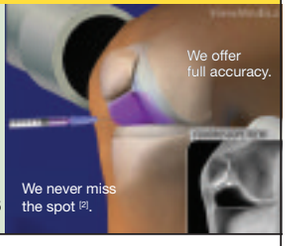

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Film. Michael Fassbender and Chiwetel Ejiofor mine the emotional depths of Solomon Northrup's fight for freedom.

AN UGLY TRUTH

Michael Fassbender and Chiwetel Ejiofor star in "12 Years a Slave." / GETTY IMAGES FOR TELLURIDE FILM

Chiwetel Ejiofor just assumed everyone knew the story of Solomon Northup. A free black man kidnapped into the South in 1841, his memoirs have been adapted into the new film "12 Years a Slave," starring Ejiofor. "I thought it would just be a ubiquitous tale that everyone knew," the actor confesses.

Though that isn't so, the resulting film is garnering major raves and serious Oscar talk for bringing a unique look at slavery. For Ejiofor, what makes it stand out is Northup himself. "The first time I saw the script, I didn't see Solomon in the story. I saw a man," he recalls. "It was only when I was reading the biography that it struck me it's about this man — this very specific man. This is about Solomon Northup, an individual who has a very fascinating way of looking at the world even within the context of what is happening to him."

He says Northup, even at his lowest ebb, had unexpected reservoirs of love. "He starts off in a battle for his freedom, but he realizes he's in a battle for his mind. Anything that is not going to help him he just cuts loose. And hatred ain't going to help him."

Quoted

"He starts off in a battle for his freedom, but he realizes he's in a battle for his mind. Anything that is not going to help him, he just cuts loose. And hatred ain't going to help him."

Ejiofor, on Solomon Northrup's deep emotional reservoir

One scene that really affected Ejiofor was the one where he's the victim of an aborted lynching and left hanging by the tree, balancing on his tiptoes. "In the book, [Northup] talks about how he would have given more years of servitude had they moved him a few feet into the shade," Ejiofor recalls. "I wanted to feel that connection. If I could put a tiny fraction of that [into the film], it would be an incredible thing."

Michael Fassbender, who plays Epps, Northup's final and toughest plantation master, says the film shows the wide repercussions of slavery. "What was happening on the Epps plantation was affecting everybody," he says. "It's living hell what the slaves went through. For the oppressors, there's a transference of that pain. To be giving out that pain, to be living in that abnormal way — it has an effect on everyone."

He says he didn't want to play Epps as a one-dimensional monster. "We're all human beings. We're all made of the same thing. For me there's a lot of fear in these characters. They're all tortured."

The film is the latest from filmmaker Steve McQueen, who previously directed Fassbender in "Hunger" and "Shame." Fassbender says it was once again a challenging experience. "He's just got a bulls— detector. As actors we sometimes have a tendency — I'll speak for myself — to use tricks or get comfortable. Steve likes to disintegrate that," he says. McQueen is an experimental filmmaker whose move to more conventional films hasn't made him too conventional. "He's often said film is a baby in the art world. It's only been around for 100 years. So there is no formula ... no right and wrong. There just is."

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‘More Than Just’ retro for Tantrums

Music. Fitz and his band built their first album around a ’60s sound, but their new album is more about now.

When Fitz and the Tantrums began making the type of 1960s soul that rocketed them from buzzy opening act to headliners, they based their sound around an antique organ that Michael “Fitz” Fitzpatrick had found on the street. There’s no guitarist in the Tantrums, so the keys will always play an important role in defining the Tantrums’ sound, but to follow up their 2010 debut, “Pickin’ Up the Pieces,” they needed to diversify.

“For this album, we messed around with a vast collection of vintage keyboards,” says keys player Jeremy Ruzumna. “We’ve got some boards from the ’60s, and ’70s and a lot of keyboards from the ’80s and ’90s, so it’s a whole smorgasbord of sounds and we just kind of decided ‘no rules’.”

The result is “More Than Just a Dream” which brings their retro sound into the future, touching upon 1980s new wave and even indie rock. Working with producer Tony Hoffer (M83, Phoenix, Beck), the sound may have changed, but the tunes still beckon listeners to the dance floor. Ruzumna says the pressure to be different didn’t bother him. The band thrives on this sort of challenge.

“I think whenever you make a second record there’s much more scrutiny going on,” he says. “It’s pressure, but it’s also exhilarating and it kind of pushes you and drives you to make each note or song or lyric as great as you possibly can make it.”

If you go

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JEREMY RUZUMNA, SECOND FROM RIGHT, SAYS THAT MAKING “MORE THAN JUST A DREAM” WAS MORE THAN JUST A DREAM.
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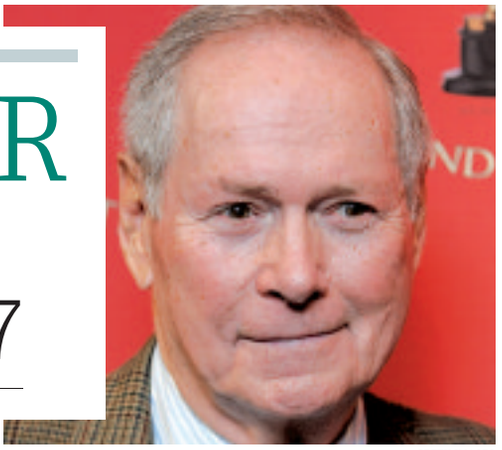
DAVID V. PICKER

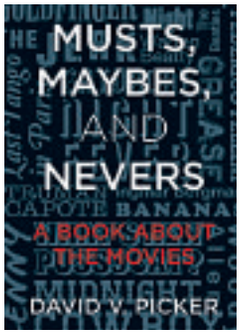
The film exec talks about taking risks and making bad movies.

THANK HIM FOR 007



GETTY IMAGES

Film exec David V. Picker doesn't have the flamboyance of the more widely renowned studio executive Robert Evans. But his track record is arguably even more staggering. As a producer, including a stint as president of United Artists in the '60s and '70s, he helped bring James Bond, The Beatles and Woody Allen to the movies. His new book, "Musts, Maybes, and Nevers: A Book About the Movies," details his successes and occasional disasters over a lengthy career.



This is a largely positive book, though you do call Robert Altman an unprintable word.

Some of the people I dealt with I had enormous respect for and liked. Some of the people I had respect for and didn't like. Some of the people I dealt with I neither respected nor liked. It's the nature of the beast.

Artists don't always have a strong business sense.
But many do. Even if they don't have good business sense, they understand that in order to get support for what they do, they have to deal with the financial reality. Some of them are very good and extremely caring, others — on both sides of the table — couldn't care less.

The cliche of the '60s and '70s was there was a greater creativity than there is now.
I'm not sure that's true. There was certainly great freedom, but I just saw two movies in the last few days that are fantastic. ... You go see "Gravity" and you go see "Nebraska," and you see two fabulous movies that couldn't be further apart in the economic risks involved and the potential gain involved. And yet both got made and both are absolutely fabulous films.

You mention not only great films you were involved with, but also disasters. But a movie like "Ishtar" has a cult following now...
Well, that doesn't make it good. I don't think "Ishtar" is a very good movie. ... The one thing about the arts is everybody comes away with their own opinions.

MATT PRIGGE
matt.prigge@metro.us

Risky business

You stress how hard it is to predict success in the movie business. Even James Bond — a British series starring a then-unknown — was risky.
Every movie's a risk. I think making "Dr. No" for a million dollars wasn't a giant risk. The difficulty there was getting the rights. Initially Ian Fleming wasn't going to sell them. Then he sold them to somebody who couldn't get it made. Then it wound up coming to us. One of the partners had a deal with Columbia, but Columbia didn't want to do it then. It's hard to look back today and say, "What do you mean they didn't want to do the first James Bond movie?" But they passed and I got it. There's no accounting for how those decisions are made, and at the end of the day, it's water under the bridge.

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The truth about 'Luce'

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Review. A timely play about school violence comes to Lincoln Center.

This is not your typical PTA meeting. / JEREMY DANIEL

"Luce," at Lincoln Center's Claire Tow Theater, is anything but. In fact, JC Lee's drama is about as tight as they come, as its cast relentlessly pursues the truth about its title character. But the play is unflinching in its refusal to reveal Luce's (Okieriete Onaodowan) real nature. Its 90 minutes fly by with mesmerizing intensity.

Adopted by white parents in the U.S. after his birth parents died in Africa, Luce is both a star athlete and a stellar student, a perfect role model according to his teacher, Ms. Carter (Sharon Washington). Then he writes an incendiary essay, which leads Carter to search his locker, where she finds high-voltage fireworks. She asks his mother, Amy (Marin Hinkle), to talk to him.

Luce says the fireworks belong to a friend. Amy and her husband (the only underwritten role, played by Neal Huff) want to believe him, but it's not easy. Amy talks to his former girlfriend (Olivia Oguma) and gets more ambiguous, disturbing information.

Who is Luce? The audience is in the same place as his parents; we don't know if he's a smooth serial liar or a regular teenager misinterpreted by an uptight teacher. Tension builds organically as characters confront each other and come away with no clearer understanding.

Onaodowan is perfect as the nonchalant overachiever who's perhaps too casually charming. The facts — to the extent there are facts — seem to conspire against him, but there's always a lingering doubt.

If you go

'Luce'

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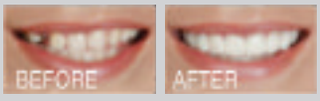

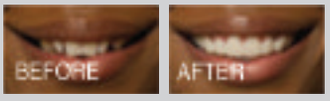

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ERS' 'Arguendo' lays justice bare

Theater. Pasties, G-strings and the First Amendment — how could it not be a hit?

"Arguendo" is the newest work from Elevator Repair Service, a collaborative theater ensemble founded in 1991 by Artistic Director John Collins. ERS is known for creating its performances from literature and found text. Its most critically acclaimed show, "Gatz" (an entrancing eight-hour staging of "The Great Gatsby"), is what unintentionally led Collins to the company's found text for "Arguendo," the story of go-go dancers in Indiana who were sued for nudity in accordance with public decency laws.

Collins reveals, "We were having trouble securing the rights [to "The Great Gatsby"] and trying to understand whether or not we needed permission." In his search for answers, he immersed himself in law and stumbled upon a website called Oyez.org where anyone can download complete transcripts of Supreme Court cases. The site comes complete with a multimedia feed that highlights the text as it's being spoken on the real courtroom recording. "Somewhere in all that downloading, I came across Barnes v. Glen Theatre."

Collins knew that this was the case he wanted to bring to the stage. "I always thought of staging it or reading it aloud onstage. The arguments are entertaining on the one end — and on the other end, they're intellectually compelling."

Eight years later, ERS began transforming the sometimes-dry intellectual debate into an engrossing performance. In "Arguendo," the conversation includes both sides: Is dancing protected under the First Amendment as free speech? Do the dancers have the right of artistic expression?

The court transcript references an opera: State law says you can be naked if you're singing "Salome" onstage, but not naked if you're go-go dancing.

"We had this music from that opera and started playing with it. It just turned out to be a great way of building our last couple of scenes," Collins says, adding, "We just found it irresistible in a way, as performers to get in there and test [out nude dancing] live. There's only a certain amount that you can talk about a kind of performance within a performance and not just go there."

The show escalates from a vaguely realistic courtroom ambiance to an increasingly intense and surreal explosion. Those scenes hit a crescendo of wild dancing — yes, sometimes entirely nude — as the final arguments are presented to the judges.

We hope ERS will find a way to entertainingly dissemble the government shutdown next — nudity optional, of course.

DANIELLE SCHOECK
letters@metro.us

This somber, literal start to the show belies its raucous, bawdy ending.
JOAN MARCUS

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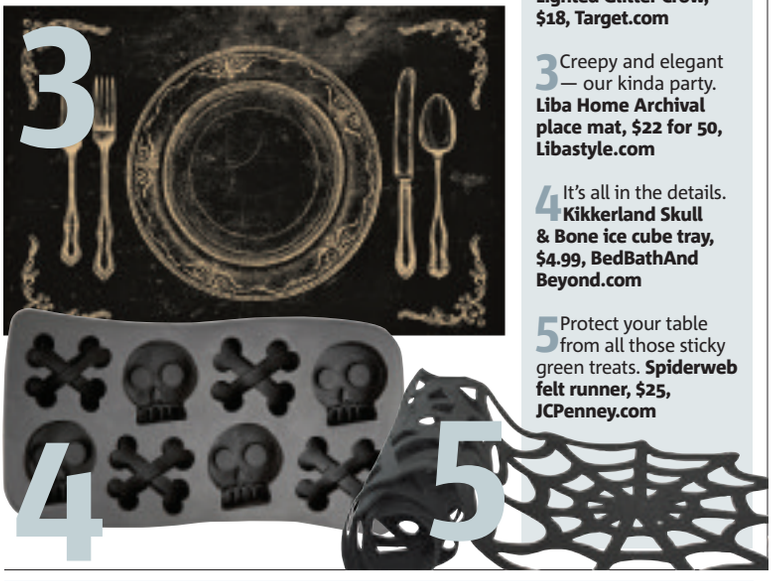
Don't spend all your time fussing over your costume — OK, yes do that, too — but you've also got a Halloween party to set up. Get into the spooky theme with dark touches for your home. Here are some non-tacky options to get your heart racing.

TINA CHADHA
tina.chadha@metro.us



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2 We might leave this guy up all year round. **Lighted Glitter Crow, $18, Target.com**

3 Creepy and elegant — our kinda party. **Liba Home Archival place mat, $22 for 50, Libastyle.com**

4 It's all in the details. **Kikkerland Skull & Bone ice cube tray, $4.99, BedBathAndBeyond.com**

5 Protect your table from all those sticky green treats. **Spiderweb felt runner, $25, JCPenney.com**

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National R.E. news

Existing home sales fall, price appreciation slows

U.S. home resales fell in September and prices rose at their slowest pace in five months, the latest signs higher mortgage rates were taking some edge off the housing market recovery.

The National Association of Realtors said on Monday home sales fell 1.9 percent to an annual rate of 5.29 million units. August's sales pace was revised down to 5.39 million units from the previously reported 5.48 million units.

Economists polled by Reuters had expected home resales to fall 2.9 percent to a 5.30 million-unit rate.

Higher mortgage rates are taking their toll. / THINKSTOCK

The NAR said a combination of high home prices, barely rising salaries and higher mortgage rates was weighing down on affordability, which hit a five-year low in September.

The Realtors group said home resales had probably peaked in July and August. The drop in home resales adds to other data that have suggested the high borrowing costs are starting to slow the housing market recovery. REUTERS

By the numbers

5.29M

Home sales fell 1.9 percent to an annual rate of 5.29 million units in September.

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On the rise. Harlem tops Q3 multi-family sales in Manhattan

There were 25 multi-family deals in Harlem in the third quarter. ISTOCKPHOTO

Harlem had the most multi-family property sales of any neighborhood in Manhattan in the third quarter, more than double year-over-year, according to a quarterly report from commercial brokerage Marcus & Millichap.

Multi-family deals in Harlem climbed to 25 deals from 12 in last year's third quarter, when the Upper East Side and Downtown tied for the most active markets, with 13 deals apiece. Overall, the number of Manhattan sales tapered slightly, to 84 from 87 year-over-year, down 3.4 percent. Washington Heights saw 11 deals in the third quarter, while the Upper East Side saw 10.

The average price per square foot below 96th Street was $890, a 2.9 percent drop from $917 the previous quarter. During last year's third quarter, it was $729. Above 96th Street, the average price also slipped 7.1 percent, to $209 from $225 per square foot.

The four largest property sales were 5 W. 91st St. in the Upper West Side for $27.5 million; 34-64 Hillside Ave. in Washington Heights for $26 million; 135-143 Haven Ave. in Washington Heights for $23.3 million; and 3658-3666 Broadway in Harlem for $23 million.

Of the 25 Harlem buildings sold, five were part of a portfolio purchase and three were distressed.

"This year, we are seeing several portfolios that were accumulated five or six years ago being split up," said Peter Von Der Ahe, vice president of investments. "People aren't as timid with their money." MARK MAURER

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THESE TWO LOOKS, FROM CHRISTIAN SIRIANO AND REBECCA TAYLOR, ARE JUST SOME OF THE PIECES YOU'LL FIND AT DISCOUNT PRICES. / PROVIDED

Events

Kangol Pop-Up

To celebrate its 75th anniversary, Kangol is hosting a 10-day pop-up shop with evening events on Thursday and Friday.
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The MoMA Design Store will host a day of crafts and activities to celebrate a new book highlighting Andy Warhol's "So Many Stars." Kids can enjoy a reading, lesson on making origami stars and an Instagram photo booth. The event is free and recommended for children 2 to 7.
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App Appeal

MATT PRIGGE
MATT.PRIGGE@METRO.US

Chronos

Price: Free

Smartphones have been brilliant ways for us to broadcast our every move and thought, either willingly or — via step-counters and other trackers — semi-consciously. But they can be just as well used for private purposes. A lot of apps track specific things you do, forcing you to account for your activities and hopefully become more aware of not wasting every single one of your not inexhaustible days alive.

An app like Chronos is almost a great way to pull all this together into one single entity. It tracks your every physical movement, as well as when you wake, when you sleep, how much you exercised, how little you exercised, and anything else you feel is worthy of self-consideration. You can broadcast this, too, with a social media aspect. But that's optional, as who needs (or cares) to know how spectacularly you waste your days? (Or worse, how much you cram into them.)

Slightly more palatable is the goal function, where you can make plans to hit the gym or sleep eight hours or actually travel, and then build up guilt when you fail at these tasks.

Chronos could stand to have even more functions: Its commute tracking, for one, is a bit too basic, lacking calorie measurements. But given the dreadful speed with which our life rolls by, any self-accounting and productive guilt-tripping is a positive.

Go all Bill Ward with the Drums! app. / PROVIDED

Drums!

Price: 99 cents

It's a cliched image: you, with a pair of huge headphones on, rocking out to some record while air-drumming. (Obviously you're listening to Phil Collins.) The problem — aside from the fact that you're air-drumming at all — is that you have no idea what you're doing. Like any seasoned air musician, those who mime-drum don't know their hi-hat from their clash cymbal.

The app Drums! allows you to learn what's what on the drum kit. Different settings allow you to mimic different genres and add drums as you see fit — though you won't have enough room on your screen to go all Neil Peart. (You'll have to shell out extra if you want to sound "indie rock" or throw in a cowbell.) You almost certainly won't become Keith Moon (or even Animal, the Muppet), but you may do slightly more than powerfully pester anyone within ear shot with your rank amateurism.

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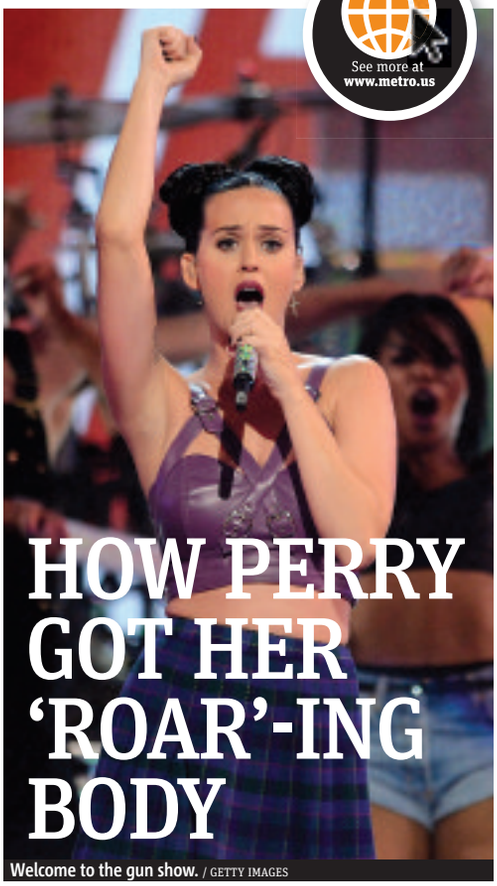
HOW PERRY GOT HER 'ROAR'-ING BODY

Teenage dream. As the 28-year-old pop star releases her fourth studio album, "Prism," this week, her personal trainer Harley Pasternak tells Metro how she stays in shape.



See more at www.metro.us

Welcome to the gun show. / GETTY IMAGES

She may have John Mayer, 45 million Twitter followers and endless record-breaking hits, but Katy Perry is just a regular gal who wants the same thing as every other woman in the world: to look and feel great as quickly and safely as possible. To that end, Pasternak says, "Katy and I train together three times a week — a typical session will last up to 45 minutes.

"Every day is different, but we'll always start off with a five-minute cardio warm up, either on the eleptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a nonstop circuit a number of times before ending with a five-minute cardio cooldown."

Posture is key

Being onstage is not only all about presence and stamina. "People are constantly rolling their shoulders forward — whether that's because they've been [sitting] down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of [Katy's] body by working her upper back muscles — rhomboids — with things like cable and dumbbell rows. We also focus on her lower back with exercises, and her hamstrings by doing stiff-leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions to work the back of her arms," says Pasternak.

Go the extra mile

"I tell all my clients to wear a pedometer and aim to take at least 10,000 steps a day," says Pasternak. "Katy likes to hike, so sometimes she'll supplement a typical day with a long walk to make sure she hits that goal."

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The Katy Perry workout: Three sets of 20 reps for each

Skater Lunge

Works the glutes, quadriceps and a bit of your adductor muscles and hamstrings.

1 Stand with your feet shoulder-width apart. With your right leg, step back and across your body, dropping your right knee behind your left heel. Then return to the beginning stance and do the opposite — step your left leg back and across your body, dropping your left knee behind your right heel.

Triceps Press-Up

Works the triceps.

2 Lie on your stomach with your hands on the ground beside your chest. Keeping your elbows tight against your rib cage, press up in to a cobra-like position using your triceps. Return to original lying position and repeat.

Bent-Over Dumbbell Row

Works the back.

3 Start by standing with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand with your arms by sides, palms facing toward you. Bend your knees and hinge forward from your hips, pushing your butt back and keeping your back straight, but as close to parallel to the floor as you can get. This is your start position. To initiate the row, drive your elbows behind you, squeezing your shoulder blades together, to bring dumbbells tight against your ribs. Lower dumbbells toward floor, slowly releasing the row movement, and return to standing start position. That's one rep. Make sure you look straight ahead — not at the ground — for the duration of the movement.

Lying Side Bends

Works the obliques.

4 Lie on the ground on your left side, hands stretched above head. Lift right knee and pull right elbow down so they meet. Return to start. Repeat on other side.

— See more at www.metro.us.

Explaining the Affordable Care Act

How to choose a doctor under the new health care law

The Affordable Care Act mandates that the new Health Insurance Marketplace include information on each health plan's in-network providers so that consumers can preview the doctors and hospitals they'll have access to before selecting a plan.

However, the mere listing of nearby providers is not sufficient to make a smart choice about who will be best able to care for you and your family.

What information do you need to make a good decision? Use these five P's as a guide to selecting the right health care providers for your needs:

You need a doctor who is board certified and specializes in an area matching your needs. / DIGITAL VISION

1 Professional. Select only doctors who are board certified. All physicians have a medical degree, but board certification ensures a doctor has reached a certain competence level in his or her specialization.

2 Practice. Find doctors whose clinical focus within their specialties matches your needs. For example, a woman with hot flashes needs an OB/GYN whose specialty is treating menopause, rather than one who focuses on delivering babies.

3 Procedure. The number of procedures a doctor has done correlates with results. This is especially important if you need specialty care. Having your colonoscopy done by gastroenterologist who does 500 procedures per year is preferable to having it done by someone who does 50.

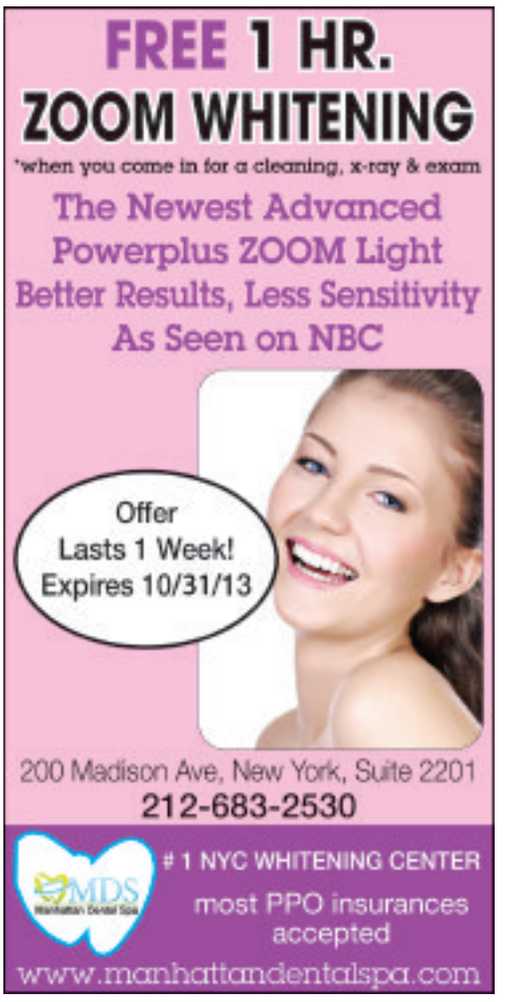
4 Performance. Review doctors' malpractice history and look for any disciplinary actions from their state's medical board.

5 Personal. Look at statistics on other patients' experiences with how well the doctor communicates and the office staff's interactions with patients.

You can easily get this information, for free, on several online ratings sites such as Health Grades.com, which just released new research by Harris Interactive that found consumers who have selected a physician in the past three years are more concerned about convenient location and friendly office staff than success rates.

Don't fall into the trap of selecting your doctors based on how close they are to your home or how easy it is to get an appointment. It's not about convenience; it's about your health.

Every week, Archelle Georgiou, MD, Strategic Advisor at Healthgrades, will explain one facet of the Affordable Care Act.



Joy's Healthy Bite

JOY BAUER
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FATTENING FOOD SLIM-DOWN

Love your skinny jeans as much as ooey-gooey cheesy pizza, salads drenched in oh-so-creamy dressing and thick, chocolatey milkshakes? Well, I'm about to make your day with these three crave-worthy recipes that are fat on flavor yet low in calories. Feel free to splurge without the guilty aftermath.

This creamy dip only clocks in at 11 calories per tablespoon. / PROVIDED

Pizza

One slice of plain cheese pizza can clock in at around 600 calories. And let's face it, who eats just once slice? Then there's the greasy toppings that can pack even more hurt. Luckily for you, my light version allows you to eat the entire "personal" pizza for just 200 calories. Here's how to easily whip one up: Spray a high-fiber tortilla with oil spray, place it on a baking sheet and pop it into a 400-degree oven for about five minutes. Meanwhile, prepare the pizza sauce by mixing 1/3 cup tomato sauce and your preferred seasonings (I love garlic power, onion powder and Italian seasoning). Once the tortilla has begun to crisp, pull it out of the oven and spread sauce on top, along with 1/4 cup shredded part skim mozzarella cheese, and 2 tablespoons grated parmesan cheese. Feel free to pile on the veggie toppings at this point, then slide the baking sheet back into the oven until the cheese is bubbly and slightly browned — about five minutes. Allow it to cool for a couple of minutes before digging in!

Buon appetito! / PROVIDED

Ranch dressing

Instead of relying on bottled varieties that often pack catastrophic calories and plenty of ingredients you can't pronounce (preservatives — yuck!), whip up my Skinny Ranch Dressing for low-cal crudite dunking and strategic salad dousing. Simply combine 1/2 cup nonfat sour cream, 2 tablespoons reduced-fat mayonnaise, 2 tablespoons fat-free buttermilk, 1 tablespoon fresh lime juice, 1/4 teaspoon ground black pepper, 3/4 teaspoon onion powder, 1/4 teaspoon garlic powder, 1 finely chopped scallion and 1 tablespoon chopped fresh parsley. It's creamy, delicious and just 11 calories per tablespoon.

Chocolate milkshake

Here's a chocolate milkshake that will conquer even the biggest sugary-sweet tooth for only 230 calories (typical "small" restaurant shakes have north of 650 cals). Pull out your blender and toss in 1/4 cup unsweetened vanilla Almond Breeze, 3/4 cup light chocolate ice cream or frozen yogurt, 1/2 ripe banana, 1 teaspoon unsweetened cocoa powder and three ice cubes. Mix until everything is smooth and frothy. Yum!

For more low-calorie recipes and effective diet tips follow Joy on Facebook, Twitter and Instagram (@joybauer).

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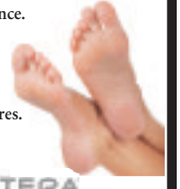
• The side of my toenails dig into the skin and hurt.
• I have a large bump behind my big toe (or little toe) which is always red.
• I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
• My toes aren't straight - they are crooked, bent and hurt.
• I have painful calluses on the ball of my foot which keep building up.
• I have corns on my toes which get thicker no matter what shoe size I wear.
• The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
• I have cramps in my legs which always happen when I walk the same distance.
• My ankles are swollen most of the time.
• My feet are always dry and scaly - sometimes they itch.
• My feet just hurt all over when I stand or walk a lot.
• I have numbness, burning, infection, persistent pain, skin rash, or open sores.



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The difference between fall and spring allergies

'Tis the season
"In the fall, it's weed pollens, like ragweed. That's also complicated by molds, which [grow in] early fall's warm, wet weather."
Dr. Milo F. Vassallo
ENT & Allergy Associates

Look familiar? Make sure you limit your exposure to both indoor and outdoor allergens. / FUSE

Achoo! The same symptoms have different triggers.

Spring and fall allergies have the same symptoms: sneezing, runny nose, itchy or watery eyes, headache, sinus pain and pressure, plus increased asthma symptoms. However, triggers differ and, according to ENT & Allergy Associates' Dr. Milo F. Vassallo, airborne allergens can worsen in fall.

"There can be far more culprits in fall," says Vassallo, a pediatric and adult allergist and immunologist who practices in New York. "Overall, in spring, outdoor allergens are mainly tree pollens and, in the fall, it's weed pollens, like ragweed. That's also complicated by molds, which [grow in] early fall's warm, wet weather."

No matter what the season, for most people, dealing with allergies means avoiding triggers. "Limit exposure," Vassallo recommends. "Keep windows closed from 10 a.m. to 4 p.m. In the yard, wear a mask to rake leaves."

And don't forget about indoor allergens.

"In late fall, when the weather gets colder, people close their windows and seal up their home. They pull out old comforters and quilts. Then, the dust mite problem escalates, and even sensitivities to their pets worsen. As I often say, people are potentially sleeping with the enemy."

One piece of good news for allergy sufferers is that cold weather stops the outdoor triggers: "By first frost," Vassallo says, "weed pollens and molds have ceased."

Long-term, however, the ragweed season might be lengthening due to a rise in temperatures and carbon dioxide in the atmosphere, says the American Academy of Allergy, Asthma and Immunology.

"It's complex; there are multiple factors," says Vassallo. "But unfortunately, it's not looking good for allergies in general."

LINDA CLARKE
letters@metro.us

Treat yours

Don't fear the needle

Allergy treatment varies from over-the-counter medicines, to ease symptoms to sitting down with an allergist to create a treatment plan, such as immunotherapy, for long-term relief. Immunotherapy works similarly to homeopathy.

"Shots can prevent allergies to airborne allergens very effectively and are an excellent long-term preventative solution," says Vassallo. "We start with extraordinarily small amounts of the pollen and build to a therapeutic dose. It retrains the immune system and people can start looking forward to fall."

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Listen to what others have to say. Consistency will make a difference. Be sure to engage in every opportunity that comes your way.

♏ Scorpio | Oct. 23-Nov. 21. You'll learn from what others do and say. If you let your intuition direct you, you will have no regrets. A creative idea will lead to good fortune.

♐ Sagittarius | Nov. 22-Dec. 21. Money matters and secretive deals will have to be handled carefully. Don't be fooled by an unpredictable person.

♑ Capricorn | Dec. 22-Jan 20. You are in the driver's seat when it comes to your future. Opportunity will knock, with partnerships looking to be lucky.

♒ Aquarius | Jan. 21-Feb 18. Listen to what's being said, but make up your mind. Let your heart and your intuition guide you in an important situation.

♓ Pisces | Feb. 19-March 20. Express your desires and initiate plans that could bear great fruit. You should call the shots, but also help people who will be vital to helping your effort.

♈ Aries | March 21-April 20. Don't waffle. Completion will be a testimony to your integrity, strength and ability to rise above conflict.

♉ Taurus | April 21-May 21. You need to make allies and line up future developments. You'll need to network and be open to unusual methods. Travel could prove fortuitous.

♊ Gemini | May 22-June 20. Evading issues or not offering someone all the information you are privy to will result in an emotional setback. Share your findings and your feelings.

♋ Cancer | June 21-July 22. Make plans that include people you enjoy. Express your feelings, and you'll entice someone special to share something with you.

♌ Leo | July 23-Aug. 22. You'll have to work hard to get things done. Expect to face opposition. The element of surprise will work in your favor.

♍ Virgo | Aug. 23-Sept. 22. Listen to what others have to say, and you will pick up valuable information that will help you make wise decisions. Cut your losses.

BERNICE BEDE OSOL

Sudoku: Easy and hard

9					4	3		
		8	5				6	
	1							
	6			4	2	5	7	
3		4	7		5	1		8
	5	2	8	9			3	
							5	
	2				9	6		
		6	2					1

1						8	2	
7	5				8			1
			4					
5				4		9	1	8
8	6						4	2
4	7	9		8				5
					2			
2			8				3	7
	1	7						6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Interview is pregnant with snobbery

Re: 'Hilaria Baldwin: Fit to be a fit mama' (Metro, Oct. 22) I have never felt so compelled to write a letter until reading this ridiculous article. As a mother of a 6-month-old, I understand the importance of working our during pregnancy and healthy eating. I just think it is unnecessary to say that submitting to pregnancy cravings is vain. And to top it off, she mentioned how she was surprised at how tired she was after birth. Well, duh. Working out and eating healthy doesn't change the fact that childbirth is one of the most excruciating things many women go through. Mrs. Baldwin is being one of those annoying "I'm a better mom than everyone" moms. And I would rather take my doctor's recommendation for exercise than get this DVD. ALICIA ORTIZ, VIA EMAIL

Dunham is just fine

Re: 'Wintour is trying to woo Dunham' (Metro, Oct. 22) I was shocked to read Melinda Taub's article in The Word on Lena Dunham about how incredibly generous Vogue was to violate a lot of Vogue traditions and put up with her hideousness. Really?! The article says it's trying to seduce Lena into bringing her next-generation audience into the Vogue brand. I would hardly say they are putting up with her. And how is she hideous? She is an average-looking, enormously successful young lady — they would be lucky to get her! I really don't understand WHY Melinda would use the word hideous?
EILEEN JAREO, VIA EMAIL

— Editor's note: Sarcasm is lost on the easily outraged.

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Kind of truck
5 Thumper's friend
10 Paris cop
14 Pre-college
15 Alaskan craft
16 Sari sporter
17 Bay or sorrel
18 Get stuck
19 Not much (2 wds.)
20 Copper patina
22 Drizzling
23 — Dawn Chong
24 Dogpatch diminutive
25 Book appendixes
29 Reach
33 Pits or stones
34 Promote aggressively
36 Knights of —
37 Vet patient
38 Fresh
39 Hotfoot it
40 Chocolate cookie
42 Vases with feet
43 Smith and Capshaw
45 Barbecue spot
47 Stream forth
49 Dude
50 Victorian, e.g.
51 Coffee order
54 Artist's brush
60 Bard's river
61 Tie-dye cousin
62 Lira successor
63 Summery
64 Kaput
65 Genres
66 Euripides opus
67 Heist, slangily
68 Dept. store inventory

Down
1 Game show name
2 Lotion additive
3 Blacken with heat
4 Type of spirit
5 Protruded
6 Eros, in Rome
7 Calf-length
8 Suitcases
9 Tina Turner's ex
10 Weak point
11 Chemists' lairs
12 Rolling — — (rich)
13 Metro area
21 Fleming and Smith
22 Hr. part
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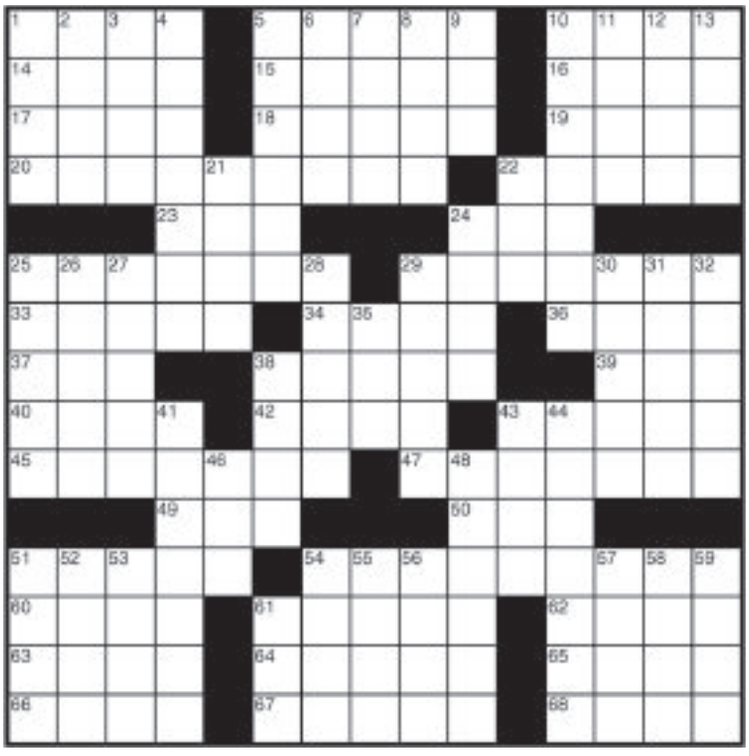
44 Angels' home
46 -- Wiedersehen
48 More timid
51 Clammy
52 Like Lex Luthor
53 Fizzy beverage
54 Irene of "Fame"
55 Perched on
56 Speaker's need
57 New Year's Eve word
58 Annoys
59 Trellis coverer
61 "Doctor Who" network

Yesterday's answer



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Tortorella returns to region a gentler soul

NHL. The former Rangers coach chose to pass on criticizing the team.

Tortorella passed on criticizing the Rangers, but he still has his edge on the bench. / GETTY IMAGES

John Tortorella has fond memories of his tenure as head coach of the New York Rangers.

He just doesn't want to talk about what transpired in his final days with the franchise, or how it is faring without him.

"I'm not getting involved in that," Tortorella told reporters during his press availability yesterday at Nassau Coliseum prior to last night's Canucks-Islanders game. "I'll tell you something — I loved working for the Rangers and I love this area. We're going to come back here sometime. I love everything about the area."

Last night's game on the Island and tomorrow's match against the Devils are the precursors to the Nov. 30 main event at the Garden against the Rangers. Tortorella was fired on May 29, after four and a half seasons with the Rangers.

Presented an opportunity to tweak his former employer, Tortorella passed.

"I know nothing about what's going on with the club," Tortorella said. "That's not fair to anybody."

DENIS GORMAN
sports@metro.us

Quoted

"I don't work here anymore and I'm certainly not going to criticize."

John Tortorella, Canucks head coach
On his thoughts on the Rangers' struggles this season

Still angry?

Belichick slams Jets for pushing

Patriots head coach Bill Belichick was feeling cordial Monday, but he showed yesterday he's still not ready to move past Sunday's loss to the Jets.

Belichick was asked his thoughts on Rex Ryan and the Jets having supposedly tipped off officials to the push penalty Chris Jones was called for in overtime, setting up the Jets' game-winning kick.

"Well, I mean, since they were using the play themselves, I don't even know about all that," Belichick told Patriots reporters on his conference call yesterday. "But basically we're just moving on here."

Belichick has a long memory and you can bet this will come up again if they meet in the playoffs. METRO

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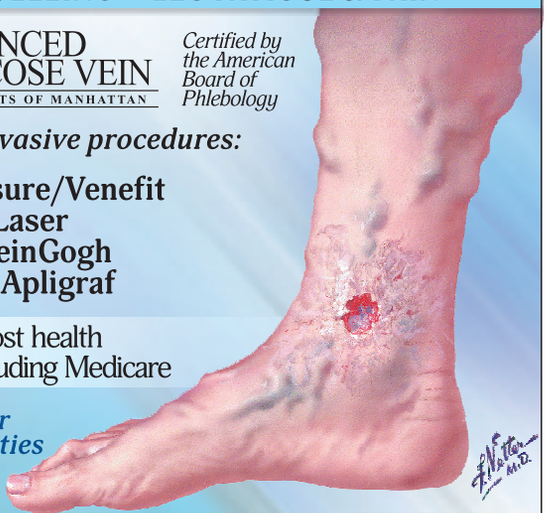

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The Board of Directors of the New York City Health and Hospitals Corporation invite you to attend its Fiscal Year 2014 Annual Public Meetings in accordance with §7384(10) of the HHC Enabling Act.

Following a report on the activities of the Corporation, the public is invited to make oral and/or written presentations. Allotted speaking time is FIVE (5) minutes. Speakers are asked to register in advance by writing or calling: **Ms. Patricia Lockhart, Secretary to the Corporation, New York City Health and Hospitals Corporation, 125 Worth Street, Room 519, New York, New York 10013, Telephone: 212-788-3360**

Limited Interpreter and American Sign Language services may be available upon request in advance of registration

On-site registration will be available at each location on the day of the meeting beginning at 5:30 p.m. and ending at 6:30 p.m. Speakers who register in advance will be given priority on the speaking schedule.

STATEN ISLAND - THURSDAY, NOVEMBER 7, 2013 - 6 PM
Sea View Hospital Rehabilitation Center & Home,Lou Caravone Community Services Bldg.
460 Brielle Avenue, Staten Island, NY 10314
Advance Registration Deadline: 11/06/2013

BRONX - MONDAY, NOVEMBER 18, 2013 - 6 PM
Lincoln Medical & Mental Health Center, Main Floor Auditorium
234 Eugenio Maria de Hostos (149th Street), Bronx, NY 10451
Advance Registration Deadline: 11/15/2013

QUEENS - MONDAY, NOVEMBER 25, 2013 - 6 PM
Elmhurst Hospital Center, Auditorium ~ Main Entrance ~ A1-22
79-01 Broadway, Elmhurst, NY 11373
Advance Registration Deadline: 11/22/2013

BROOKLYN - TUESDAY, NOVEMBER 26, 2013 - 6 PM
Woodhull Medical & Mental Health Center, Delores E. Jackson Auditorium, 3rd floor
760 Broadway, Brooklyn, NY 11206
Advance Registration Deadline: 11/25/2013

MANHATTAN - MONDAY, DECEMBER 9, 2013 - 6 PM
Bellevue Hospital Center, 12th Floor ~ Conference Room
462 First Avenue, New York, NY 10016
Advance Registration Deadline: 12/06/2013

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NFL power rankings | by Mike Greger

No. 1

Seahawks (6-1)

Seattle reclaims the top spot after taking care of business on the road in what many deemed a trap game. An even better sign, Russell Wilson (41-of-60 for 492 yards, three touchdowns and no interceptions over the past two weeks) is starting to heat up.

No. 2

Chiefs (7-0)

Expect emails from Kansas City fans this week saying, "Wait a minute ..."

No. 3

Colts (5-2)

Speaking of statement wins, none were bigger than Indy over Denver.

No. 4

Broncos (6-1)

Manning's Minions fall two spots because they seemed out of sorts.

No. 5

Saints (5-1)

We won't drop a team on a bye. But do they respond to losing at Foxboro?

No. 6

49ers (5-2)

Jim Harbaugh's bunch is back on the fast track — and getting healthier.

No. 7

Bengals (5-2)

Andy Dalton must've taken his rubber wedding ring off finally.

No. 8

Patriots (5-2)

Debate the penalty call all you want, they shouldn't be in OT with the Jets.

No. 9

Packers (4-2)

The Pack is losing pass-catchers like Bill Cosby goes through pudding.

No. 10

Lions (4-3)

They have two deadly weapons in Calvin Johnson and Ndamukong Suh.

No. 11

Ravens (3-4)

John Harbaugh's team always seems to get hot down the stretch.

No. 12

Chargers (4-3)

You can't criticize the Bolts for doing what they were supposed to do.

No. 13

Cowboys (4-3)

'Boys slip a spot despite taking sole possession of first in the inept NFC East.

No. 14

Bears (4-3)

Chicago is in trouble without Jay Cutler for four weeks — like every year.

No. 15

Titans (3-4)

Jake Locker is back — maybe they'll be able to rally around him.

No. 16

Panthers (3-3)

Carolina is the biggest Jekyll-Hyde team in the league.

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Giants on the rise

Defense takes pride in shutting down Vikings

The Giants may not be all the way back, but how they manhandled the once-vaunted Vikings linemen was something to behold.

"Our physicality has come along and that had to happen on both sides of the ball," head coach Tom Coughlin said. "It was fun to win and the team responded very, very well ... [but] it wasn't perfect by any means."

It was not perfect, but the defense played a nearly flawless game. Jason Pierre-Paul — whom

Pierre-Paul is looking more explosive. / GETTY IMAGES

Coughlin acknowledged may be "breaking out" with his back recovering — Justin Tuck, who had a sack, and the rest of the Giants' defensive front seven did a masterful job stifling Adrian Peterson. The league's reigning MVP mustered only 28 rushing yards.

The reason why the Vikings didn't run Peterson more often is irrelevant, safety Antrel Rolle said. He was just happy to be a part of an impressive defensive performance. Rolle expects the Giants to regain their swagger going forward.

"I think the pressure is on now more than ever. In my eyes, we have to win out," said Rolle, who quickly realized the debate such a statement may spark. "I take a lot of heat for things I say, [so] they're probably gonna say, 'Antrel, shut up, what are you smoking?' ... [but] it's what I believe."

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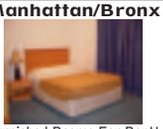

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Legal Notices

Notice of Formation of One Source Medical Supply Group LLC. Art. of Org. filed with Secy. of State of NY (SSNY) on 08/26/2013. Office location: Queens County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 134-47 166th Pl. Suite 4G, Jamaica, NY 11434. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, serial # 1272731, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 8115 Northern Blvd Jackson Heights, NY 11372. Queens County, for on premise consumption. 81 15 Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1274093, for Liquor, Beer & Wine has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 38-17 Bell Blvd., Bayside, NY 11362 for on-premises consumption. GalyanLoungeInc.

NOTICE IS HEREBY GIVEN that a license, Serial # Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 216 East 39th Street, New York, NY 10016 for on-premises consumption. Akane Japanese Restaurant Inc. d/b/a Aki Sushi.

NOTICE IS HEREBY GIVEN that a license, Number 1274121, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 90 Eldridge St., New York, NY 10002 for on-premises consumption. Hui Huang Karaoke Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1274244 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 163-08 Northern Blvd, Flushing, NY for on-premises consumption. Soolomoko Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1271592 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-19, 41-21 162nd Street, Flushing, NY for on-premises consumption. HYO 98 LLC

NOTICE IS HEREBY GIVEN that a license, Number 1270409 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-25 162nd Street, Flushing, NY for on-premises consumption. Gamasot in New York LLC

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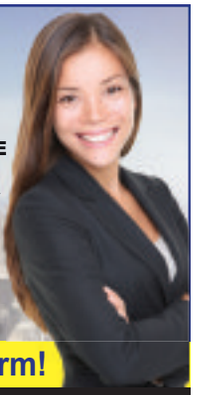

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